



National Nutrient Database for Standard Reference

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Statistics Report 11003, Amaranth leaves, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	91.69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Energy	kJ	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Protein	g	2.46	6	0.175	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.33	6	0.089	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.50	6	0.320	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	4.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Minerals													
Calcium, Ca	mg	215	6	59.071	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	2.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	50	15	1.236	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	611	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.885	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	43.3	5	8.763	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.027	5	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.158	5	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.658	5	0.106	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.192	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1984
Folate, DFE	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	2917	5	1200.755	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1140.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Lipids													
Fatty acids, total saturated	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.001	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.073	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.012	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.076	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.145	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.002	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.031	14	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.099	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.119	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.195	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.127	16	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.036	16	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.029	13	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.133	11	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.080	10	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.137	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.121	11	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.052	11	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.139	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.229	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.292	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.132	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.121	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.111	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984